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metroLIFE

Your essential daily news | WEDNESDAY, AUGUST 31, 2016

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'Give us the beer'

ALCOHOL

Convenience store owner calls for suds in corner stores



Haley Ryan
Metro | Halifax

With cigarette sales up in smoke, one Halifax convenience store owner says putting suds on the shelves would make a huge difference.

Fred Saoud, owner of the Big General Store on South Street, said he would like to hear politicians talking about allowing beer for sale in all corner stores during the annual Convenience Store Day on Wednesday.

"The politicians should kind of ease up a little bit on us. Give us the beer. This is very important since the attraction of the cigarettes is really not as attractive as before, because the prices went

way up," Saoud said.

Any decision on retailing alcohol in convenience stores would come from the province's finance department, the Nova Scotia Liquor Corporation said in an email Tuesday.

Years ago, there was some talk about allowing it, Saoud said, but the argument was that the move would cost jobs at the NSLC, and more alcohol might get in the hands of young kids.

But Saoud said the smaller stores wouldn't be in direct competition with the NSLC since people would still need to go elsewhere for wine, spirits and more selection, and owners selling to young kids is "not going to happen."

Saoud said since there are some corner stores in rural Nova Scotia that already sell beer when there's no NSLC nearby, it's only fair to extend the ability to all convenience store owners in urban centres. "They're running them awesome ... you don't ever hear of a problem," Saoud said.

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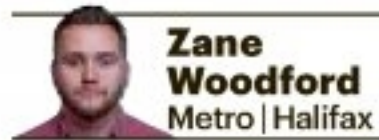


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Grow-a-Row to give back

FOOD CENTRE

Organization asking backyard growers for surplus crop



Zane Woodford
Metro | Halifax

If your tomato plants yielded a few too many this year, or if your kale patch got a little too big, the Dartmouth North Community Food Centre will take that excess produce off your hands.

This is the pilot year for the centre's new Grow-a-Row campaign, which asks backyard gardeners to save some food for those in need.

"Basically, it's just getting folks who have the time and ability and who are already keeping a backyard garden, or who are part of the community garden, to grow some food for someone else besides maybe themselves or their immediate group of friends," food centre farm co-ordinator Rob MacNeish said at the centre's community garden on Tuesday.

"Not necessarily everyone has time to come here and volunteer and help cook in the kitchen, or do dishes, so this is a way they can contribute in a pretty easy way."

MacNeish said Grow-a-Row campaigns have been done in Halifax on and off for the last fifteen years, and across North America for even longer.



Charlie Smith gives a garden bed some much needed water after a dry summer. ZANE WOODFORD/METRO

He's hoping to put some structure around the program to ensure that it works for years to come.

"The long term goal is to have growers from different areas in Halifax and Dartmouth kind of come together, and have a volunteer that's gonna do a collection from that area and drop it off here," he said.

The food collected will go towards the food centre's community meal programs, their young cooks program and their community kitchen program. Plus, they have a Saturday market, along with pickling and preserving classes.

It's too late this season to ask people to grow a row specifically for the food centre, but MacNeish said there are 10 volun-

teers contributing food now, and he's happy to take more food, which can be dropped off on Tuesday, Thursday or Saturday.

Next spring, he's hoping to ramp up the program, and recruit more "Grow-a-Row-ers."

"We want people to kind of plan for us, and say, 'This little section of my garden is for the food centre,'" MacNeish said.

"Often a lot of backyard gardeners are really successful. Folks who've been doing it for a while often end up with more than they can handle."

Some people growing at the food centre's community garden — like 18-year-old Chris Chaffay, who maintains a plot with his mother — are looking forward to contributing some of their produce to the kitchen.



Chris Chaffay waters some kale in the garden plot that he and his mother maintain in the community garden at the Dartmouth North Community Food Centre Tuesday. ZANE WOODFORD/METRO

PERFORMERS

Communal pianos to fill downtown core with music again



Kristen Lipscombe
Metro | Halifax

The sounds of "spontaneous street music" are back in Halifax.

The #PlayMeHfx program has returned, with three painted pianos adorning the city's downtown core and waterfront.

The pianos will remain outside "for everyone to play, experience and enjoy," until the end of October, the Downtown Halifax Business Commission

said Tuesday in a news release.

If you're looking to play a little ditty, the pianos are located in Grafton Park outside the old library, on the corner of Hollis and Salter streets and at Queen's Wharf.

The #PlayMeHfx program received \$2,500 in funding to support two of the pianos through the Downtown Halifax Business Commission's Gritty to Pretty beautification grant, with the third piano supported by Waterfront Development, the release said.

"We were blown away by how Halifax responded last

year," #PlayMeHfx co-founder Jeremy Banks said in the release.

"From spontaneous flash mobs, to professional musicians, including performers from the 2015 Halifax Jazz Festival and Journey's Jonathan Cain, we knew we had to do it again."

In addition to showcasing the city's musical talent, the pianos also feature local artists, with this year's paint jobs designed by Mitch Underhay, who created the Asteroidea painting on the Halifax waterfront.



Kids using one of the downtown pianos. CONTRIBUTED

+ THE PIANOS

Organizers are asking passersby to help protect the three pianos, by using the covers provided on site to help preserve the instruments when it rains.

Residents and visitors are also asked to share their experience with Halifax's pianos by using the hashtag #PlayMeHfx on social media along with their photos and posts.

The man behind the counter

SMALL BUSINESS

Store owner talks long days, watching kids grow up



Haley Ryan
Metro | Halifax

A group of young kids wearing bike helmets chatted to each other as they leaned in to grab ice cream and popsicles from the cooler.

Behind the counter, Big General Store owner Fred Saoud smiled and rang in the treats as an older teenage girl paid for the lot.

"I wanna work here! You could eat candy all the time," piped up one of the girls on the way out the door.

After 17 years running the South Street store near Dalhousie and Saint Mary's universities, as well as Gorsebrook Junior High School, Saoud may be surrounded by candy but says it's the connections with students that is the best part of the job.

"You get to know them for four years and then they go on to do something else," Saoud said while serving customers on Tuesday.

"Then five, 10 years from now somebody will come in and say 'hi, Fred,' and you look and you say 'oh my God, he's a lawyer now!' This aspect is really nice."

Even though Saoud might not see kids during their high school years when they leave



Fred Saoud, owner of the Big General Store on South Street in Halifax, poses for a portrait in front of his store on Tuesday.

ZANE WOODFORD/METRO



You get to know them for four years and then they go on to do something else. Fred Saoud

the area for Citadel High, he recognizes them when they walk into the store as a university freshman; "all changed, they all get beards, they're all different," he said with a laugh.

In light of the annual Convenience Store Day on Wednesday, Saoud said he was happy to hear a point is being made to celebrate the long hours owners put in every day —

what he jokingly called the "dark side" of the business.

A normal day includes opening at 7:30 a.m. and working until around 3 p.m., then coming back for the last hour of the day to do paperwork and oversee the closing of the shop at 11:30 p.m., Saoud said.

Although his 18-year-old son helps more these days, Saoud said it's impossible to really

take a day off unless he closes the shop for a couple weeks and leaves the province, which he began doing a couple years ago.

Otherwise, it's like you "never leave," Saoud said. There's always deliveries to take in, calls from distributors, or a shift he has to cover himself when employees call in sick.

While Saoud said sometimes

it can feel like people take corner stores for granted and the work is hard, he loves the neighbourhood residents and hopes to eventually opening a take-out eatery across the street.

"It's a blend of amazing, amazing cultures from every walk of life," Saoud said.

"You gain things from them whether it's knowledge, experience. It's interesting."

GOOD LUCK

Big General 'lucky' to have avoided robberies: Owner

Although robberies and vandalism plagues many corner store owners, the Big General Store has been left untouched for years, said owner Fred Saoud.

Saoud, crossing his fingers with a smile, said he's "been lucky" to have not run into the issues other stores have experienced, such as the Needs on Windsor Street that was robbed more than five times in 2015.

"It's amazing here," Saoud said, adding that there's always people walking around.

However, Saoud said he has a theory on the science behind robberies: criminals target chain stores where teens work late behind the counter since they won't attempt to stop a theft.

"But when you're working for yourself, I think they would know that you're going to put up a fight. More trouble," Saoud said.

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CAPE BRETON

Store offers land to people who work for five years

They're offering free land and a job to anyone interested in working at the family roadside general store — and two Cape Breton businesswomen say they've been swamped with replies.

Sandee MacLean is promising to give 0.8 hectares of woodland to anyone who commits to work at The Farmer's Daughter Country Market for five years.

MacLean, who owns about 80 hectares of land, said she was trying to come up with ways to attract employees to the quaint bakery and store in the small community of Whycomagh, because conventional ads hadn't worked.

So after a walk along a mountaintop, she and her sister posted a note on Facebook offering parcels of woodland to anyone who

will work at the store and might not mind living off the grid.

"We think we need to think outside of the box to keep Cape Breton true to its roots — a place where people live year-round and celebrate the beauty that surrounds us in music and stories, and where being a neighbour truly means you talk to everyone in the local co-op," the ad reads.

Since posting the note on Sunday, MacLean said the response has been overwhelming, with more than 1,000 people calling or sending them messages from across Canada, including British Columbia and Newfoundland and Labrador.

"The phone has been ringing off the hook," she said. "There's been a lot of interesting people. There's one couple that said they

do live off the grid — they have done that — and that they're chefs."

On Facebook, the post had been shared more than 800 times on Tuesday afternoon and had more than 200 comments, with many lamenting about leaving city life behind for good.

The 40-year-old MacLean, who recently took over the business from her parents, said she's hoping they can hire about three more people to boost their year-round staff to 15 and to help keep up with demand — as the business also produces baked goods that are shipped out to local Sobeys stores.

Employees make between \$11 and \$13 an hour — a typical wage for rural Cape Breton, she said.

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'We're back:' NDP takes Halifax riding

POLITICS

Lisa Roberts elected with 50.97 per cent of popular vote



Zane Woodford
Metro | Halifax

Lisa Roberts walked into her campaign headquarters Tuesday night with a can of Orange Crush — and the results in Halifax Needham to match.

Roberts, the executive director of Veith House and a former CBC journalist, took 2,519 of the 4,492 valid votes cast in Tuesday's byelection, a commanding 50.97 per cent according to unofficial results from Elections Nova Scotia.

Liberal candidate Rod Wilson, executive director at the North End Community Health Centre, trailed well behind with 1,662 votes, 33.63 per cent of the vote. After Wilson came PC candidate Andy Arseneault with 600 votes, 12.14 per cent, and Green Party candidate Thomas Trappenberg with 161 votes, 3.25 per cent.

After the chants and cheers from her supporters subsided, Roberts told reporters the win was a strong message from voters.

"Overall, I think voters chose to keep a strong opposition at Province House," she said.

"I think Maureen MacDonald did a great job of representing this riding and the concerns of residents in it, and I think the McNeil government requires a strong opposition. So I think



Lisa Roberts and NDP Leader Gary Burrill celebrate after winning a provincial byelection in the riding of Halifax Needham on Tuesday night. ZANE WOODFORD/METRO

when voters decided to stick with the NDP, in large part they were deciding that they want a strong opposition at province house and they want a strong NDP."

NDP leader Gary Burrill held up the win as a sign of the resurgence of the party after disappointing results in last year's federal election, and Nova Scotia's 2013 general election.

"It is a major moment for us to register that in fact this trajectory of disappointment has been arrested, has been halted," Burrill said.

"We're back, and the message that we're back with is

that people need to live and we need a government in Nova Scotia that has more ideas in its head than cutting back."

Burrill shot back at critics who'd downplayed the importance of an NDP win in Halifax Needham, given the party's 18-year reign in the riding under MacDonald.

"It's a huge, big deal for us to have won in this election," he said, naming off a list of obstacles to the party's success, including a Liberal candidate "of greater stature than they are customarily used to," and the late summer timing of the election.

Roberts praised the other candidates, and the level of discourse during the campaign, notwithstanding its timing.

"I think it was a good campaign, and an interesting one, maybe especially because it was a byelection, so it felt like even though a lot of people were at the beach, there was also an opportunity to have some more substantial conversations at the level of candidates," she said.

Voter turnout reflected the timing of the election, coming in at just 32.5 per cent, compared to slightly more than 50 per cent in riding in the last general election.

PUBLIC SAFETY

Police urge caution after prowler complaint



Yvette d'Entremont
Metro | Halifax

Police are advising people in Halifax to beware of prowlers.

In a media release issued Tuesday, Halifax Regional Police said they responded to a call at around 11:30 p.m. on Monday night about a man peering into the window of a house on the 6100 block of Willow Street.

When officers arrived, they saw a man looking into a window. They identified themselves as police officers and the man jumped over a fence. He was

last seen running toward Clifton Street.

Police dogs were used to search the area, but the suspect wasn't located.

The complainants told police this was the second prowler incident outside of their residence. They told police they believed the same man was looking into their window several weeks ago, although they hadn't reported the first incident.

Police are advising people to be mindful of unusual activity in their neighbourhoods and to report anything suspicious.

"We find sometimes as the fall season comes in and the students

move into the university areas, where there's a really large number of people moving into the same area at the same time, ... sometimes that's when we kind of notice a little bit of a trend," Halifax Regional Police spokeswoman Const. Carol McIsaac said in an interview.

"That's why when the incident occurred we thought it would be a good time to throw out a little reminder, especially to people who are new to the city."

McIsaac said people should remember to lock all their doors. Even though it's difficult to close and lock windows in warmer weather, she also advised that

basement and ground floor windows should always be secured somehow.

The suspect is described as a 30-year-old man with tanned skin. On Monday night he was wearing a dark green or black zippered jacket or sweater with a hood, black gym shorts and white running shoes.

Police are asking anyone with information about the incidents to contact them or Crime Stoppers.

They are also reminding people to call 911 if they see any suspicious activity around their homes, and to not approach the person involved.

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Surviving the Halifax Explosion of 1917 with impaired hearing

FILM

Documentary will shed light how lucky deaf scholars were



Yvette d'Entremont
Metro | Halifax

The 1917 Halifax Explosion has been the subject of numerous movies and books.

But the disaster as experienced by the deaf community has been relatively unknown.

That's why Linda Campbell and Jim McDermott, who are both deaf, decided to co-produce a documentary film to highlight that story.

'Halifax Explosion: The Deaf Experience' should be ready for viewing in time for the 100-year commemoration of the event on Dec. 6, 2017.

"Nova Scotia actually has a long history of inclusiveness when it comes to the deaf community and our allies," explained Linda Campbell.

"Upon learning that the deaf community's experiences during the Halifax Explosion is so poorly documented despite a wealth of books, movies and published stories about this important event, we felt it was necessary to preserve some of those stories for sharing."

Campbell and McDermott



Alan Williams narrates a scene from the movie. CONTRIBUTED

agreed to an interview, but it had to be conducted via email as they both communicate using American Sign Language. When collecting information for the film, Campbell said they were surprised to learn everyone in the Halifax School for the Deaf survived the explosion, despite how badly damaged the school was.

"It was so close to the

zone of maximum damage that every single window shattered, plaster ceilings collapsed and doors flew off their hinges. Many people got badly cut by the flying glass," Campbell explained.

"Yet only two boys were hurt badly enough to go to the hospital. Not only that, there was a bad blizzard with freezing temperatures right after



A postcard from the 1900's of the Halifax School for the Deaf on Gottingen Street. CONTRIBUTED

the explosion occurred, and many people across Halifax died from exposure. Even so, no one in the (school), student or staff, died from the cold."

She said the film examines why everyone survived despite the damage, the shock, and the weather.

It will also introduce people to Maritimes Sign Language.

"Many people in Nova Scotia do not know we have our own distinctive sign language, Maritimes Sign Language (MSL) which is syntactically and grammatically distinct from American Sign Language (ASL)," Campbell explained.

"Unfortunately, MSL as a language is fading out, al-

+ RAISING FUNDS

Despite funding from municipal and provincial grants, the project requires additional funding.

At press time they were just \$100 shy of their initial crowdfunding goal on their IndieGoGo page. "We do

hope to raise at least \$5,000 to cover post-production costs," Jim McDermott said.

People interested in supporting the project can do so via IndieGoGo or by email to Deaf.Halifax.Explosion@gmail.com.

though you can still see old MSL signs being used during ASL conversations every day here. Our film will include examples of MSL signs and dialogue as a part of our storytelling process."

McDermott said the documentary will include a mix of historical photographs, narration, and interviews with older members of the deaf community who attended the Halifax School for the Deaf.

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NATURE

Couple find fungi the size of football

Tyler and Janet MacKenzie were out for a walk when they noticed what they thought was an old soccer ball lying on the side of the road across from their house on Lower Road in Pictou Landing.

But when they looked closer they found it was something that neither expected — a giant mushroom. To be exact, the mushroom they found appears to be a giant puffball. While at about 10 inches in diameter it is larger than most mushrooms that people would expect to find, it's actually just average for the species, which can reach up to as large 60 inches in diameter.

According to mushroom-appreciation.com they average between 4 inches and 30 inches typically. The mushroom has no



The giant puffball mushroom that was found. TC MEDIA

distinct cap or stem. Its exterior is white with white flesh inside. In its early stages it is edible.

The mushroom grows all over North America and Europe and usually grows between August and October. TC MEDIA

IN BRIEF

End of city's weekly green cart collection another sign that summer is over

Weekly green cart collection wraps up this Wednesday, Halifax Regional Municipality is reminding residents.

The weekly service is provided to all residents during the summer months, July and August, with the regular schedule of green carts being picked up every two weeks starting this Thursday. Garbage collection continues every two weeks as well, an HRM news release issued Tuesday said.

Download the city's What Goes Where app at www.halifax.ca/whatgoeswhere or call 311 for more information.

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Change brewing in liquor

ALCOHOL

Craft beer, ciders and spirits boost booze sales



Kristen Lipscombe
Metro | Halifax

The popularity of local products, including craft beers, spirits and ciders, has helped give Nova Scotia Liquor Corporation sales a bit of a boost.

The corporation announced Tuesday that its total sales in the first quarter of 2016-17 went up about 10.1 per cent over the same period last year, or \$14.4 million, while net earnings increased 10.3 per cent, or \$5.8 million.

"The fact that there are an additional seven selling days included in the results made a difference," NSLC spokeswoman Denise Corra said Tuesday.

"But even with those seven selling days, we do see positive growth right across the board," she said.



Garrison Brewing Co. owner Brian Titus packs up some of the company's newest Irish Red suds at the craft brewery's production plant in December. JEFF HARPER/METRO

Corra was referring to more selling days this year than during the same time frame last year, including the Canada Day holiday, which fell into the second quarter of 2015-16, the corporation explains. The first fiscal quarter ran April 1 through July 3 this year.

With 36 licensed micro-

breweries across the province now, sales of Nova Scotia craft beers went up 48.4 per cent to \$2.5 million total, while local "ready-to-drink products" such as ciders rose 84.6 per cent to \$0.6 million total, with popular brands Muwin Estate's Bulwark Craft Cider and Peller Estates No Boats on

Sunday Cider playing a large role in growth.

Sales of Nova Scotia spirits jumped up the most, by 141.4 per cent and also up to about \$0.6 million total, on the strength of brands such as Nova Scotia Spirit Company gin, rum and vodka; Caldera's Hurricane 5 Whisky,

\$157.9M

In total, the NSLC sold \$157.9 million worth of product during the first quarter of the fiscal year, for total earnings of about \$62.1 million.

Ironworks Rum and Glynnevan Double Barrel Whisky.

Nova Scotia wines, those that use locally grown grapes, experienced a 16.6 per cent increase in sales, to \$2.4 million, while Nova Scotia commercial wines, which are produced in the province without local grapes, saw an 11.5 per cent rise, up to \$5.4 million.

"They had a strong year in 2015-2016 that continued into the first quarter of this year," Corra said of local products, adding they're "gaining a reputation at home and beyond, and continue to perform very strong(ly) in terms of sales in our stores."

"We're going to be working hard to continue that momentum right through the balance of the year," Corra said.

NORTH SYDNEY

Firefighter accused of arson makes bail

One of two volunteer firefighters accused in a string of arsons in the North Sydney area has been granted bail.

James Clayton MacDonald, 24, of Point Aconi, was granted bail at a court appearance Tuesday. He is to be released on his own recognizance and is subject to a host of conditions, including that he not possess matches, lighters or incendiary devices and that he have no contact with a number of individuals including any member of the Florence Volunteer Fire Department.

He is also not to have any contact his with co-accused, Stephen Eric Tremblett, 49, of North Sydney.

"The conditions are very, very strict," said duty counsel Mike Kuna, who represented MacDonald at the bail hearing. "It's basically house arrest with very few exceptions."

Tremblett is charged with 13 counts of arson, while MacDonald faces 16 counts.

TC MEDIA

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Trudeau's China trip all about the economy

FOREIGN AFFAIRS

In first official visit, PM must get down to business

When Prime Minister Justin Trudeau visited Washington D.C. for a state dinner, his job was to dazzle. But on his first official visit to China as prime minister, Trudeau must get right down to business.

Where is he visiting?

After landing in Beijing around midnight on Tuesday, Trudeau plans to visit Shanghai, Hangzhou and Hong Kong before departing on Sept. 7.

Who's travelling with him?

The prime minister is bringing his wife, Sophie Grégoire Trudeau, and seven-year-old daughter Ella Grace. Cabinet members Finance Minister Bill Morneau, Foreign Affairs Minister Stéphane Dion and International Trade Minister Chrystia Freeland will also join him.

What does he hope to accomplish?

1 G20: Trudeau will attend the G20 summit in Hangzhou, where he will meet with finance ministers and leaders from all around the world to discuss the globalized economy.

2 Free trade: A free-trade deal with China, Canada's second-largest trading partner, would be a big get for Trudeau's government.



Prime Minister Justin Trudeau, his wife Sophie Grégoire Trudeau and daughter Ella-Grace arrive in Beijing on Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

3 Canola: Recent restrictions on the amount of foreign material, such as weeds and other crops, in Canada's canola exports could mean big losses for farmers. China buys 87 per cent of its canola from Canada, and is asking producers to cut the level

of foreign material in deliveries by more than half for health and safety reasons by this Thursday.

4 Spies: Trudeau is expected to bring up Kevin Garratt, a Canadian missionary who was charged with espionage last January and is held in prison in China.

5 Human rights: While many would like to see Trudeau take a stand against China's human-rights record, it's a touchy subject and one that will be difficult for him to broach while negotiating economic issues.

TORSTAR NEWS SERVICE

AFGHANISTAN

Canadian and his wife plead for lives

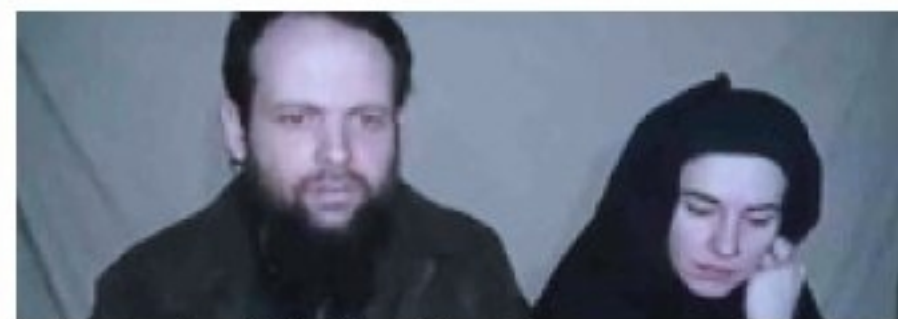
A Canadian and his American wife have appeared in a new video pleading for their lives.

Joshua Boyle and Caitlan Coleman were kidnapped by the Taliban in 2012 while on a backpacking trip in the mountains of Afghanistan.

In the video shared by SITE Intelligence group Boyle, 33, and Coleman, 31, say that if the Afghan government doesn't stop executing Taliban prisoners, their captors will kill them. "They will execute us, women

and children included, if the policies of the Afghan government are not overturned either by the Afghan government or by Canada somehow, or United States," Boyle says.

In May, the Afghan government hanged six inmates linked to the Taliban. Coleman was pregnant when the couple was kidnapped in 2012. In November her parents received a letter telling of how she'd given birth to a second child while being held in captivity. TORSTAR NEWS SERVICE



Joshua Boyle and his wife Caitlan Coleman. SCREENGRAB

CRIME

Sexual misconduct in military punished

The Canadian Armed Forces says it is making progress in the fight against sexual misconduct in the ranks, but much more work needs to be done.

In an update Tuesday, the military said it completed 51 investigations into inappropriate sexual behavior between April and July.

As a result, 30 people had received "career-impacting" punishments ranging from fines to outright dismissal from the forces. Three more were referred to civilian authorities while the

perpetrators in four cases could not be identified.

Ten cases were considered unfounded.

Defence chief Gen. Jonathan Vance, who has made the elimination of sexual misconduct a priority, described the results as a "good start." But Vance acknowledged much work remains to be done after the report showed there were 97 other cases of inappropriate and harmful sexual behaviour under investigation in the same period. THE CANADIAN PRESS



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Happy trails abound in Spryfield

OUTDOOR RECREATION

Area parks offer wealth of hiking options

Will Mason

The Rocking Stone is an odd Spryfield attraction. In the 19th century the unique rock was often mentioned in the same breath as the tides of the Bay of Fundy and Niagara Falls; it was a natural wonder in those days. The huge chunk of granite, estimated to weigh 162 tons, was dropped onto the spot by a glacier during the last ice age. The wonder came when a wooden lever was placed under it. Even the weakest person in a group could cause the massive rock to sway back and forth with ease.

The Rocking Stone still rocks, but in the age of Imax movies and Pokemon Go, it has lost much of its appeal. Today most locals don't even know it exists. But the Rocking Stone has left a legacy — the beautiful park that surrounds it is still a popular municipal park and lakeside beach.

In winter, Rocking Stone Park is a great place to skate or snowshoe. In summer, its sandy beach and warm lake water attract many Spryfield residents looking to escape the heat. Most visitors ignore the Rocking Stone, but the park's scenery is striking any time of year. For the serious hiker the park also provides access to the granite barrens of Spryfield, an area of land that covers much of Spryfield and its outskirts.

The Spryfield area has a wealth of parks and hiking trails ranging in size from



The trail along McIntosh Run is one of the most popular active transportation trails in the Spryfield community. CONTRIBUTED

Roaches Pond Park along the banks of MacIntosh Run to giant Long Lake Provincial Park.

The trail to Colpitt Lake leads to a elegant little lake almost completely surrounded by high granite cliffs, most of which can be climbed safely by any careful hiker. The Colpitt Lake area is criss-crossed by trails, many leading to dramatic views of Halifax, Williams Lake and Halifax Harbour. The best of the trails follows the edge of the lake. The shoreline

and the walls of the lake are made of sheer granite, and the lake drops off quickly, making it an excellent summer swimming hole.

Just beyond Spryfield on the Herring Cove Road is the trail that winds from Duncan's Cove to Ketch Harbour. It's a spectacular hike on a clear day. The trail crosses the headland at the mouth of Halifax Harbour. In clear weather a hiker can see from Sambro Island to the faint outline of Three Fathom Harbour.



The Rocking Stone is the centrepiece of Spryfield's Rockingstone Park. CONTRIBUTED



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Commission leads the way on growth

TAKING CARE OF BUSINESS

Spryfield group builds on its successes in the district

Will Mason

The Spryfield Santa Claus Parade is the oldest of its kind in Atlantic Canada. It's a point of pride for the Spryfield community. The popular annual parade that marks the start of the holiday season started back in 1973 — decades before the annual Parade of Lights through downtown Halifax.

Today the parade and other community events are overseen by the Spryfield and District Business Commission (SDBC), a group that began in 2003. The group's vision and mission statement is to "Advocate the interests of local business in building a stronger community".

The SDBC has racked up a long list of accomplishments in recent years — accomplishments such as spearheading the development of the Herring Cove Streetscape planning study, a document that's being used to help guide HRM toward positive change in the community. The commission also led in the growth of the "local source" movement in Spryfield when it created the first ever Spryfield and District Business Directory, a document themed Come Home To Shop.

Thanks to the SDBC's efforts, Spryfield is now designated a "district centre" within HRM's Smart Growth plan, a designation that gives the community a higher profile as part of the city's 25-year planning strategy. Other projects carried out by the SDBC in recent years include an anti-graffiti program, a community improvement program and an anti-litter project.



Long Lake Village is one of a number of new developments in the Spryfield area. CONTRIBUTED

+ CONFIDENCE IN THE COMMUNITY

The flurry of new construction that's been taking place in recent years is a testament to the fact that Spryfield is a popular and growing community. Recent development including new Canadian Tire, McDonalds and Shopper's Drug Mart locations show that major companies have confidence in the Spryfield community.

The commission has worked tirelessly to correct false statements about Spryfield, to network with businesses, to address issues that affect businesses, and to serve for the betterment of the community with the hopes that they would bring more business to the Spryfield area.

The Spryfield and District Business Commission measures its success by the partnerships and relationships it has established in the community. The Commission has become recognized by local residents and the Municipality as an organization "that can get things done" in the community.

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The innovative Mobile Food Market program brings fresh, locally grown produce to five communities in the Halifax Regional Municipality including Spryfield. SYDNEY MACLENNAN

Mobile market makes food accessible

MOBILE FOOD MARKET

Pilot project meets goal of easing food insecurity

Will Mason

Making sure everyone has access to fresh fruits and vegetables is a basic aspect of maintaining public health. Now thanks to an innovative pilot program, residents

of Spryfield and other communities in HRM have been stocking up on fresh, locally grown produce all summer long. The Mobile Food Market program is bringing fresh food to five communities via city transit bus.

Ali Shaver is healthy built environment coordinator with the Nova Scotia Health Authority and a member of the mobile food market advisory committee. She and her group first tabled the idea in the fall of 2014 as part of a conversation with the mayor, the medical officer of health

and the head of Halifax Transit. "We had just released a report on food security that indicated that one in five families in the city were food insecure," she says.

The committee began by identifying the communities that needed the service and then speaking with community leaders. "It was very important for the success of the program for us to work with key contacts and trusted officials in each community," says Shaver. "The response we got was very positive."

A pilot project was

launched in May of this year. Halifax Transit donated the use of a city bus. "We picked a bus with the widest aisles and worked with an architect to design the bins that would hold the produce," says Shaver. The bus travels to the five chosen communities on Saturdays — to Spryfield, Fairview and downtown Halifax one week and to East and North Preston the alternate week. The 19 bins — one for each type of produce available — are stored at an Atlantic Superstore during the week. "We've established partner-

+ IN SPRYFIELD

Where and when to go

In Spryfield, the Mobile Food Market program takes place in the parking lot of the Lions Rink, 111 Drysdale Road, every second Saturday afternoon.

ships with Elmridge Farm and Atlantic Superstores to supply the produce. Right now 15 of the 19 items are locally grown."

Shaver says that the Spry-

field mobile market has been attracting about 40 customers every week. "That's double our expectations," she says. A survey that the group has circulated indicates that the market is meeting its three main goals — price, accessibility and a selection of foods that fit well with customers' family and cultural needs.

In September Shaver and her group will sit down with a focus group to explore the idea of expanding the pilot project. "We're looking at how we can keep this going in the winter months."

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metroSPECIAL REPORT: SPRYFIELD

Wednesday, August 31, 2016 15

First phase of Long Lake Park completed

RECREATIONAL PROJECT

Development of trail hits milestone, preps for next

Will Mason

It's been a busy summer for the Long Lake Park Association. The volunteer group has overseen the completion of Phase 1 of the Park's trail system — a development that provides better access to the huge wilderness park and its namesake lake. The Phase 1 trail begins at the parking lot across from Long Lake Village development. The upgrades include regrading trails for use by cyclists, wheelchair users and older people.

But with the work completed the association isn't about to sit back and admire the job, according to Long Lake Park Association chair Donna Flemming. "We're hoping to start Phase 2 in the next month," she says.

Phase 2 of the development will see trails developed from Dentith Road to the Old Sambro Road and the old pump house near the head of Long Lake. "We've received approval to put in a canoe and kayak launch there as well," says Flemming.

Recreational areas like Long Lake Provincial Park are relatively rare in urban centres. The reserve is a protected wilderness more than 2,000 hectares in size with a large unspoiled lake and plenty of wildlife — all just a few steps away from the heart of Spryfield. Long Lake escaped the urban development of the 1960s because it was the site



Phase 1 of the Long Lake Park development project includes a large parking lot on Northwest Arm Drive. CONTRIBUTED

+ VOLUNTEERS GRATEFUL FOR PROVINCIAL SUPPORT

The Long Lake Park Association is made up entirely of volunteers who work with the province of Nova Scotia to oversee development and maintenance of the park.

"We've gotten a lot of support from the province of Nova Scotia and also from Polycorp and Atlantic Developments," says Flemming. "They've been a huge part of our success."



of Halifax's long-time water supply system.

By the time the city switched to a new water supply at Pockwock Lake in the 1970s, Halifax residents realized that pristine areas like Long Lake were worth protecting. Today the park is

under the protection of the Nova Scotia provincial park system. It's one of the most popular areas in Metro for dog walkers, hikers and birdwatchers and can be accessed at a number of points along the Saint Margaret's Bay Road and

Northwest Arm Drive.

The park association is already looking ahead to Phase 3 — a trail system that will connect the Phase 1 and 2 trails with the trails that lead from the parking lot at Saint Margaret's Bay Road.

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metro SPECIAL REPORT: SPRYFIELD ENJOY IT

Gearing up for fall activities

THE CENTREPIECE

Spry Centre is heart of community

Will Mason

For many residents of Spryfield, the Captain William Spry Community Centre has become the heart of the community. The large, modern complex on the bank of Spryfield's McIntosh Run is home to a host of facilities.

It serves as Spryfield's main library — a branch of the Halifax Regional Library system that includes a huge selection of books, videos, CDs, DVDs and magazines along with programming for adults and children, adult literacy, Google Chromebooks, and public access computers and software.

The Spry Centre Library has a number of programs available in September. Bridge players can take advantage of the popular Bridge at the Library program on Sept. 7 and Sept. 14 at 1:00 p.m. On Sept. 9 at 1:00 p.m. the Women's Conversation Club gives recent immigrants to Canada a chance to meet friends and share experiences. And a Family Drop-In on Sept. 13 at 10:30 presents activities, stories and songs for preschoolers.

The Spry Centre is also home to a large fitness centre, skateboard park, meeting facilities and the popular Spryfield Lions Wave Pool.

The centre offers a long list of programs including youth



The William Spry Centre is a focal point of the Spryfield community. CONTRIBUTED

after-school drop-in program, swimming and fitness classes, dance classes and leadership programs for young people.

One of the centerpieces of the facility is the elaborate

concrete skateboard park that includes ramps, banks, a staircase and railing for pulling off big tricks.

For those who like to get their workout in the water,

the Captain William Spry Wave Pool offers a four lane, 25 metre lap area for training. The wave pool is the most unique and popular aspect of the facility. The pool creates

waves that range from a half meter to one-and-a-half meters in height that crash into a 15-metre wide graduated beach area. The pool features waterslides, a deck-side patio

area and the facility is wheelchair accessible.

Note that the Spry Centre Wave Pool will be closed for annual maintenance between Sept. 3 and Sept. 11.

metro SPECIAL REPORT: SPRYFIELD ENJOY IT

Wednesday, August 31, 2016 17

Spryfield's history rich in community spirit

Will Mason

For decades a tiny 13 kilometre-long stream known as McIntosh Run that winds through the community of Spryfield, seemed destined to meet the fate of other small watercourses in HRM — polluted, infilled and eventually buried under asphalt to serve out its life as part of the municipal drainage system. Instead it has become a symbol of Spryfield's resilience.

In the 1980s a community group called the McIntosh Run Watershed Association organized volunteers to clean up the stream, replant trees along the shore and repair the water features that had been damaged by urban sprawl. Today the little stream that runs from Long Lake to Herring Cove is one of the focal points of the Spryfield community, lined with green-

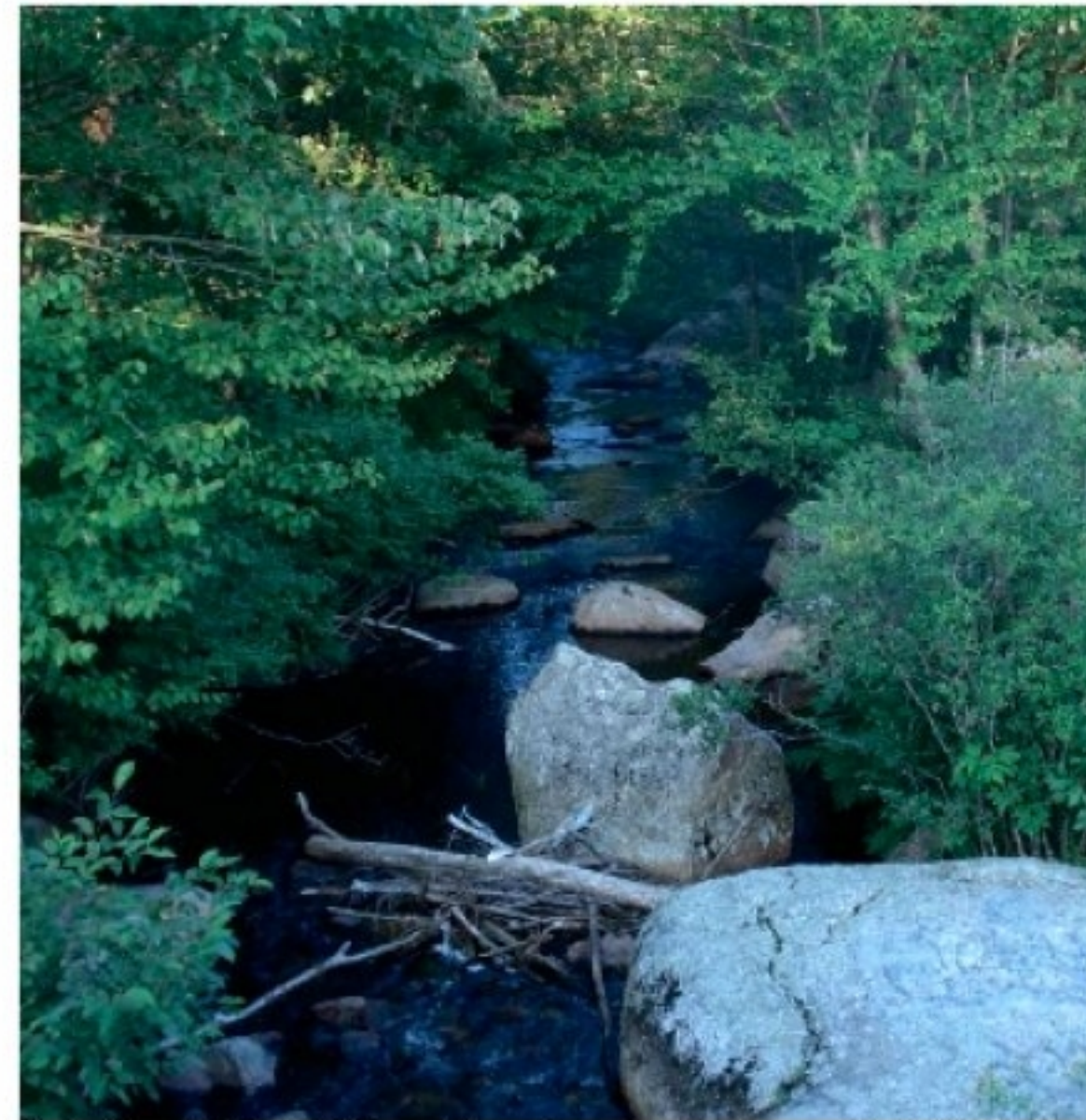
belts and a popular hiking and biking trail. It even supports a healthy population of trout.

That can-do attitude that brought McIntosh Run back from the brink defines the community spirit of Spryfield. The community began as a farming village on a harsh, granite-strewn tract of land outside Halifax. A baker from Halifax named Henry Leiblin became its first European settler when he received a grant of 500 acres in the semi-barren wilderness on the western shore of Halifax Harbour in 1767. Today Leiblin's name is preserved in Spryfield's Leiblin Park development. Captain William Spry, the chief military engineer in Nova Scotia, gave his name to the area three years after Leiblin — carving out a farm that became known as "Spry's field."

By the 19th century Spryfield was an important source of produce, meat and dairy products for the growing city of Halifax.

In 1848 the community became the source of another vital commodity as well — fresh water. In that year Long Lake became Halifax's first reservoir, a role it would play until 1966. Spryfield also became the source of local building stone in 1861 when William Yeadon Jr. established a quarry near what is now the corner of Old Sambro Road and North West Arm Drive. Many of the late 19th century buildings in Halifax were built with Yeadon's stone.

The community continued as a farming centre well into the 20th century. In the 1950s operations such as the Rockingstone, Hyland, Roach and Drysdale Dairies still supplied milk and butter to Halifax, and even today pockets of farmland and uncleared wilderness exist in the heart of urban Spryfield. Today the community remains one of the most unique and independent parts of HRM.



The trail along McIntosh Run is one of the most popular active transportation trails in the Spryfield community. CONTRIBUTED

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metro SPECIAL REPORT: SPRYFIELD ENJOY IT



Things kick off on Friday with a chili dinner at St. Paul's United Church. ISTOCK



The historic walk starts at the Captain Spry Centre. CONTRIBUTED

Harvest Festival kicks off Sept. 23

SPRYFIELD

Annual event is fun for the whole family

Will Mason

The popular Spryfield Harvest Festival is back for another

year. The festival will take place from Friday Sept. 23 to Sunday Sept. 25. "We've got a lot of great activities planned," says Harvest Festival chair Donna Flemming. "Almost all of it is free of charge."

Things kick off on Friday with a chili dinner with Chef Scott from Sobey's from 4 to 6 p.m. at St. Paul's United Church, 173 Old Sambro Rd. The price of admission is

only \$10. Later you can work off the meal with a session of free ice skating at the Spryfield Lions Rink from 5 to 7 p.m. or show off your performing skills with Karaoke at Chebucto Connections, 531 Herring Cove Rd.

The official opening ceremonies will take place on Saturday at 10 a.m. at City Church, 276 Herring Cove Rd. The official opening will kick

off a full day of events at City Church including a giant yard sale from 8:30 a.m. to 12:30, a family fun day from 2 p.m. to 5 p.m., a judo and fitness demonstration by JFit from 2 p.m. to 4 p.m. and a chili cook-off and corn boil from 3 p.m. to 4 p.m.

Other events on Saturday include a hike through Long Lake Park with Susan, starting at the dam at the end of

Dentith Road at 10 a.m.; a free swim at the Captain Spry Wave Pool from 2 p.m. to 4 p.m. and a dance featuring Shaker at the Spryfield Legion, 7 Sussex St. from 9 p.m. to 1 a.m.

On Sunday, things get started with a Harvest Worship Service at St. Paul's Church, 173 Old Sambro Rd. at 11 a.m. Then the action switches to the Canadian Tire Parking lot on Dentith Road with an antique

car show and race car show from 1 p.m. to 4 p.m., a barbecue by NUMA from 1 p.m. to 4 p.m. and a talent show case starting at 2 p.m. A historic walk starts at the Captain Spry Centre at 2 p.m. A free gospel music concert caps things off at 7 p.m. at City Church.

"It's going to be fun for the whole family," says Flemming. "We're very excited about this year's lineup."




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City Church has a history of community involvement in Spryfield. CONTRIBUTED

City Church ready for a busy season of activities

TAKE ME TO CHURCH

Church to host Harvest Festival opening ceremony

Will Mason

When the Spryfield Harvest Festival kicks off in September, a popular Spryfield church will be front and centre.

City Church will be the venue for the Harvest Festival opening ceremony on Saturday Sept. 24 and will host a number of key events throughout the weekend.

On Saturday, Sept. 24 the church parking lot will be-

come the site of the annual Family Fun Day, while on Sunday evening the annual Harvest Festival Gospel Concert will take place at City Church starting at 7 p.m.

The Gospel Concert will feature a number of local church choirs along with well known performers. Admission is free.

Right now City Church is busy preparing for a fall season of outreach events. Lead pastor Gerald Kendrick says multiple activities are planned starting with a special Sunday morning service on Sept. 18. The theme of the service will be "Back to Church Sunday" — a challenge to Christians to rethink their faith and believe for a life filled with faith and purpose. The service will also provide an opportunity to learn about the variety of activities

available at City Church.

Kendrick says the Sept. 18 congregational fellowship service will be a time of excitement for members and visitors, offering a casual friendly atmosphere featuring inspirational music and drama. It will conclude with delicious light lunch refreshments. The service begins at 10:30 a.m.

City Church also operates a popular Christian radio station called Life Radio on the FM dial at 94.7 FM. This inspirational music radio station can also be heard on the internet at life947fm.com. The programming is available 24 hours a day.

City Church offers nursery and children's Sunday ministry activities! For more information call 902-479-2489. City Church is located at 276 Herring Cove Rd.

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U.S. ELECTION

Clinton's Benghazi emails recovered

The U.S. State Department says about 30 emails that may be related to the 2012 attack on U.S. compounds in Benghazi, Libya, are among the thousands of Hillary Clinton emails recovered during the FBI's recently closed investigation into her use of a private server.



Hillary Clinton

Government lawyers told U.S. District Court Judge Amit P. Mehta Tuesday that an undetermined number of the emails among the 30 were not included in the 55,000 pages previously provided by Clinton. The State Department's lawyer said it would need until the end of September to review the emails and redact classified information before they are released.

Mehta questioned why it would take so long to release so few documents, and urged that the process be sped up. He ordered the department to report to him in a week with more details about why the review process would take a full month.

The hearing was held in one of several lawsuits filed by the conservative legal group Judicial Watch, which has sued over access to government records involving Clinton. The State Department has said the FBI provided it with about 14,900 emails purported not to have been among those previously released.

Clinton previously had said she withheld and deleted only personal emails not related to her duties as secretary of state. With the November election little more than two months away, Republicans are pressing for the release of as many documents related to Clinton as possible.

THE ASSOCIATED PRESS



In this Dec. 22, 2014, file photo, Kurdish Peshmerga forces inspect a site marked with a sign reading "Kurdish mass grave" in Hardan village, Iraq. THE ASSOCIATED PRESS

Thousands buried in Daesh mass graves

TERRORISM

Number of victims ranges from 5,200 to over 15,000

Peering through binoculars, the young man watched as Daesh extremists gunned down the handcuffed men and then buried them with a waiting bulldozer. For six days he watched as Daesh filled one grave after another with his friends and neighbours.

The five graves arranged at the foot of Sinjar mountain hold

the bodies of dozens of minority Yazidis killed in Daesh's bloody onslaught in August 2014. They are a fraction of the mass graves Daesh extremists have scattered across Iraq and Syria.

In exclusive interviews, photos and research, The Associated Press has documented and mapped 72 of the mass graves, the most comprehensive survey so far, with many more expected to be uncovered as Daesh's territory shrinks.

In Syria, AP has obtained locations for 17 mass graves, including one with the bodies of hundreds of members of a single tribe all but exterminated when



This image released by the Mass Graves Directorate of the Kurdish Regional Government shows a human skull in a mass grave containing Yazidis killed by Daesh in Iraq.

THE ASSOCIATED PRESS

Daesh extremists took over their region.

For at least 16 of the Iraqi graves, most in territory too dangerous to excavate, officials do not even guess the number of dead. In others, the estimates are based on memories of traumatized survivors, Daesh propaganda and what can be gleaned from a cursory look at the earth.

Still, even the known numbers of victims buried are staggering — from 5,200 to more than 15,000.

On Sinjar Mountain, Rashed Qassim drives daily past the mass grave in Hardan that holds the bodies of his two sons.

The sites are roped off and awaiting the money and the political will for excavation.

"We want to take them out of here. There are only bones left. But they said 'No, they have to stay there, a committee will come and exhume them later,'" said Qassim.

Daesh made no attempt to hide its atrocities. But proving what United Nations officials and others have described as an ongoing genocide will be complicated as the graves deteriorate. Daesh targeted the Yazidis for slaughter because it considers them infidels.

THE ASSOCIATED PRESS

FRANCE

Burkini ban a 'stupid reaction': UN official



Women protest outside the French Embassy in London, U.K., on Aug. 26 against the burkini ban. AFP/GETTY IMAGES

The United Nations human rights office says local bans in France on burkini swimwear amount to "a grave and illegal breach of fundamental freedoms" and a "stupid reaction" to recent extremist attacks.

OHCHR spokesman Rupert Colville says the rights agency wants local officials to "immediately" lift the bans, saying they don't increase security.

A French high court has struck down on French towns' ban on the burkini, effectively invalidating such bans in about 30 towns, though many remain.

Colville says such bans "fuel religious intolerance and the stigmatization of Muslims," and "have only succeeded in increasing tensions."

In Cannes, a French court has overturned a ban on burkinis — the first in a series of bans that set off the controversy and outrage.

Colville said people who wear burkinis — body-covering beachwear worn by some Muslim women — or any other clothing "cannot be blamed for the violent or hostile reactions of others." THE ASSOCIATED PRESS

RESEARCH

Fido knows what you're saying: Study

Scientists have found evidence to support what many dog owners have long believed: Man's best friend really does understand some of what we're saying.

Researchers in Hungary scanned the brains of dogs as they were listening to their trainer speaking to determine which parts of the brain they were using.

They found that dogs processed words with the left hemisphere and used the right hemisphere to process pitch — just like people.

What's more, the dogs only registered that they were being praised if the words and pitch were positive. Meaningless words spoken in an encouraging voice, or meaningful words in a neutral tone, didn't have the same effect.

"Dog brains care about both what we say and how we say it," said lead researcher Attila Andics. THE ASSOCIATED PRESS



Nicola Pitman, director of menu management at McDonald's Canada, shows their new, healthier McNuggets made in a test kitchen at McDonald's headquarters. TORSTAR NEWS SERVICE

McNuggets quietly turn McHealthier

MCDONALD'S

Mac & Cheese, Hamburger Helper made similar moves

It's a McNugget mystery of sorts — the ultimate blind taste test that has kept Mickey-D fans in the dark.

The world's largest hamburger chain did a recipe reboot of its most kid-friendly food. It's now lower in calories and sodium, and McDonald's Canada introduced it — quietly — a month ago.

If you've eaten the mega-popular chicken treat in August then you've probably already tried the new version, which is free of artificial preservatives and minus the chicken skin that the giant chain used for flavour and binding.

As inventories of the original McNuggets were cleared, most Canadian locations started using the new ones (which are delivered frozen), and over the last two weeks they have been served in all restaurants, the company says.

But if it's a McHealthier move that will especially please parents, why not shout it from the rooftops of the Golden Arches? "I think people know we are doing lots with our menu," said Nicola Pitman, director of menu management at McDonald's Canada.

Established fast food chains have been scrambling to step up the image of their food amid stiff competition from smaller rivals promising

wholesome alternatives. Kraft Heinz successfully made a similar move when it announced last March that it had quietly stripped its signature Mac & Cheese dinners of artificial flavours, preservatives and dyes three months earlier from the 79-year-old neon orange noodles — and virtually no one noticed. They sold the same amount as usual over that time.

Others, such as, General Mills have also made stealth moves (they quietly reduced sodium content in Hamburger Helper over six years to 2014) which observers say is intended to combat consumer perceptions that tinkering with a classic recipe would hurt the taste — à la the disastrous New Coke.

TORSTAR NEWS SERVICE

CONTRACT TALKS

Canada Post, union reach deals

Labour Minister MaryAnn Mihychuk says Canada Post and the Canadian Union of Postal Workers have reached tentative agreements.

In a statement, Mihychuk says the agreements were reached "voluntarily," but provides no other details about the deals themselves.

The issue of differences in paycheques for rural mail

carriers — most of whom are women — and urban letter carriers had been at the forefront of protracted contract talks between the two sides.

The negotiations were extended twice since the weekend, when a deadline expired on a 72-hour job action notice issued last Thursday by the Canadian Union of Postal Workers.

The two sides were in talks

nearly around the clock at the request of a special mediator appointed Friday by Mihychuk.

Canada Post described the tentative agreements as short-term. It said they are for two years and that four-year contracts were typically negotiated in the past. The tentative agreements, however, still must be ratified by the members.

THE CANADIAN PRESS

5 Things to know about EU's tax bite on Apple

Ireland gave Apple Inc. illegal tax benefits worth up to 13 billion euros (\$18.92 billion) between 2003 and 2014, according to the European Union, and the country must recover them, with interest.

Both Ireland and the U.S.-based iPhone maker say they disagreed with the record penalty and that they'll appeal it.

Apple obviously doesn't want to lose the money, while Ireland doesn't want to lose the jobs and investment.

Here are five things to know about the record tax bill:

1 Why isn't Ireland happy with the fine? Apple's European headquarters is now located in Ireland. Government officials fear that multinationals such as Apple will pull up stakes and go home if they lose their tax advantage. They're fighting the ruling because they want to keep the investment flowing and jobs in the country.

2 How big is the fine for

Apple? The fine, if Apple ever pays it, would be the value of 15 million iPhones or 27 per cent of Apple's 2015 profit. That's obviously daunting, but Apple isn't strapped for cash. The multinational has a stock-market value of \$784.26 billion (all figures Canadian). More than 90 per cent of its cash stockpile is kept outside of the U.S. to shield it from American taxes.

3 How big is the fine for Ireland? The Gross Domestic Product (GDP) in Ireland was \$311.32 billion in 2015, as reported by the World Bank. The fine is equivalent to more than the country's health-care budget and 66 per cent of its social-welfare bill. It also adds up to \$4,126.16 for every member of Ireland's 4.6 million population.

4 How does this affect relations between the European Union and United States? The U.S. Treasury said last

week that the European Commission was in danger of becoming a "supranational tax authority." After the Apple ruling, a spokesperson for the U.S. Treasury said the decision could "undermine foreign investment, the business climate in Europe and the important spirit of economic partnership between the U.S. and the EU."

5 What's next? Apple isn't the only corporation in the sights of the European Union. Last year, the commission told the Netherlands to recover as much as \$43.74 million from Starbucks, while Luxembourg was ordered to claw back a similar amount from Fiat. As Apple and Ireland head to the courts to appeal the ruling, there are already reports that McDonald's, Amazon and Google could face similar challenges.

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS



Audrey's memory is letting her down. Even her lists are not helping her these days. Audrey wants an answer.

If you find that forgetfulness is becoming a problem for you, people comment on your memory loss, or you have difficulty solving problems and planning, these could be early signs of Alzheimer's disease.

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ROSEMARY WESTWOOD in Vancouver

The cost of buying a home in Vancouver grabs most of the headlines, but it's an equally dog-eat-dog world out there for renters.

Rosemary is in Vancouver all week, reporting on the major issues facing the city. Today: housing.

It is, in the context of Vancouver's mad open houses of late, a tame event. A half-dozen rental hunters, a modest one-bedroom suite for \$1,300 in the city's Mount Pleasant neighbourhood, with a closet-sized kitchen from the 1970s and plenty of natural light.

Not, notes the property manager, the typical showing. "My vacancy is near zero.

When I put an ad out, I get 80 responses," he tells the small group I've joined (strictly, thank God, in an observer's capacity), in a borderline brag.

Like we need the reminder. The cost of buying a home in Vancouver grabs most of the headlines, but it's an equally dog-eat-dog world out there for renters. "It's insane," one woman at the open house tells me. She saw a place at 9 p.m. one night last week, and it was rented by 8 a.m. the next morning. Some landlords expect thousands of dollars in rent on the spot. One apartment she looked at had jumped from \$800 a month to \$1,300 a month in two years.

Another woman had been away from the city for a year, only to return to the skyrocketing rent prices. "I came home, and I was like, 'What the hell happened?'"

There's no time to make a decision, the first woman adds, but you want to make sure you like the place you choose, because God forbid you have to move out any time

If I had to place my sympathies with cash-strapped landlords or cash-strapped renters, I'd find it an easy choice.

soon and face another surge in rent.

As a result of all this, the property manager — a soft-spoken but chatty man who's been in the business for decades — says he's fielding applications for some high-priced condos from the highly

expenses).

The story is the same in Victoria. One friend witnessed a guy "who took a zillion applications at an open house and then let the final chosen ones price-bid each other. Makes me want to barf."

From another renter's point



SO MANY UNITS, SO FEW VACANCIES The Vancouver rental market is the forgotten real estate disaster in a city full of them. METRO FILE

unqualified, who are hoping to carry a \$2,500 monthly rent with a student loan. "People are applying who can't afford it. What are you doing here? You can't afford this!" he says.

Then, among the more qualified, there's the pressure to pay above-market prices. One Metro colleague spent weeks searching via open houses with dozens of other renters, a.k.a. competitors (he even found himself relieved that one man with a cane would probably be cut from the list). His "happy" ending: He now pays 30 per cent more in rent than he used to, and that's after he was forced to fork over his first payment a month early, to secure the lease (he's also renting out his old place on Airbnb to cover his increased monthly

of view: "Victoria is rife with opportunistic scum."

"I listed my condo in Victoria this month and got over 100 emails," noted another friend and Victoria landlord. "The market is insane."

There's even a Nanaimo rental crunch, and the story of a woman who had to resort to Airbnb listings to find a long-term rental.

Meanwhile, as my colleague Wanyee Li reports today, some are buying condos especially to rent them out on Airbnb. One former condo owner told Metro that she was shocked to find her old unit, which she had sold weeks earlier, listed on Airbnb by someone who had a dozen other properties.

But the chatty property manager at this showing would likely be unsurprised

about such a hustle. With all the costs that go along with being a landlord, he says, including unexpected expenses for new building regulations and rising property taxes, with only a fixed 3 or 4 per cent annual rent increase allowed, "you're not making a profit. That's a fact."

"(Rent control is) limiting the revenue, and your expenses are going up. So what do people do? They dump the property."

"Ten or 15 years ago, there was a lot more vacancies downtown because people were buying condos," he added. Now those once potential buyers have become reluctant renters, pushing up demand, prices, and the sense of desperation.

"Tenants have a sense of entitlement: I deserve to only pay this much rent," he says. "That's kind of what it is."

Some, perhaps. Many would just like rent to cost the 30 per cent of income that affordability experts tell us it should. And while some rents might not be keeping up with the property taxes, neither are many people's incomes. Landlords might feel stuck by leases, but renters feel stuck with few options. And while being a landlord is a choice, finding a place to live? Not so much. Which is why, if I had to place my sympathies with cash-strapped landlords or cash-strapped renters, I'd find it an easy choice.

The women at the open house agree affordability is a pipe dream, and they — like everyone else — take a three-page rental application. The stove might hail from the disco era, but the bathroom is new, and there's new wall-to-wall carpet, plus a balcony (next to the dumpster). All in all, for Vancouver, not too shabby.

Tomorrow: Lessons from the front lines of the fentanyl crisis



Return to peacekeeping won't be return to '90s

 **Paul Wells**

Harjit Sajjan's office offered me an interview with the defence minister. This was more than a week ago now, after Sajjan landed in Vancouver from a week-long visit to Africa. And if you want the truth of it, I sat on the interview for days because I wasn't entirely sure what to make of it.

After our conversation, Sajjan and two other ministers announced Canada will contribute 600 soldiers and \$450 million over three years to United Nations peacekeeping. The sound of self-congratulation from some corners has been hearty. But a lot of what Sajjan told me stands as a useful corrective.

Please stow the noble image of blue-helmeted soldiers, sternly guarding a neat line between two carefully separated armies somewhere. Those days are gone and they are not coming back.

"This is not the peacekeeping of the past," Sajjan told me. "There's no peace to keep."

Traditional peacekeeping was a relic of 19th- and early 20th-century industrial war, when massed armies would hurl themselves at one another in ways that actually made them relatively easy to separate. Latter-day asymmetric combat, led in many cases by ragtag groups of militants armed with a few trucks and sidearms, follows no neat lines. Civilian and paramilitary groups intermingle, as do friendly and unfriendly armies. Allegiances shift. It's hard to even know where to send the blue helmets.

Sajjan and his colleagues need to make up a new way for Canadians to be helpful in Africa. That's the work he

was pursuing when he visited Ethiopia, Kenya, Tanzania, Congo and Uganda. "This trip was about getting the direct facts," he said. "Because you need to get a really good, deep understanding of what's really going on."

Great. Going on where? Africa is three times the size of Canada, with more than 30 times its population.

"I've been quite honest about my approach on this," Sajjan said. "Just because I visit an area doesn't mean we're going to be contributing troops (there). And just because I didn't visit an area doesn't mean we're not going to be contributing troops."

So: Canada is sending up to 600 soldiers, plus some number of civilians, to provide expertise and services. Sajjan just doesn't know where yet.

This makes more sense than it seems to. In 2001, it was clear where Canadian troops were going: Afghanistan. They then spent a decade learning the regional politics and the infernally complex tribal sociology that affected soldiers' work every day. Sajjan wants to front-load the homework, and pick a mission later.

Sajjan's agenda may offer hints. Four of the countries he visited are big donors to UN peace operations. Uganda has about as many soldiers in the field as Canada is offering, Ethiopia 14 times as many. But the Democratic Republic of Congo has fielded only 20. But a UN force of 20,000 has been stationed in the DRC since 2010. It's a tricky business. All told, 102 soldiers have been killed in that operation.

Let's hold off on the self-congratulation until we know what our soldiers are getting into.

Paul Wells is a national politics columnist for the Toronto Star.

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1 Chickpea, feta and tomato salad — This Martha Stewart recipe hits all the marks of a good school lunch: Protein, healthy fats and no nuts.

2 Cumin-spiced tofu tacos — Torstar life editor Mary Vallis swears her daughter scarfs these tacos down.

3 Mini quiches — Ottawa dad Craig Stewart uses quiche as a solution to sandwich ennui. Use frozen pre-made tart crusts for an easy, make-ahead lunch.

Tried and tested school lunches

RECIPES

Sandwiches get old quick — here, some ideas to inspire

Short of telling your kid, "Eat what I make or else starve," there are ways to fuel them for the day with help from dietitians who have seen countless children of different appetites, as well as parents with go-to recipes that their kids devour when it's time for them to head back to school next week.

One of the best ways to broaden a child's horizons is to simply get the kids involved in making their lunches.

"It's not even the meal prep, it goes all the way to the grocery shopping and planning your meal" says Richmond Hill, Ont.-based registered dietitian Mahsa Esmaeili. "When they're involved, no matter what they're preparing they're more likely to eat it."

One mom from the Facebook group Bento Lunch Box Ideas-Canada told me she makes her own buns using a bread machine and her kids choose the fillings whether it's zucchini and chicken, or most recently, ham and egg. She says it gives the kids a

sense of pride in having a say in their creations.

If kids don't like sandwiches, switch the vessel. Once a month, Ottawa dad Craig Stewart bakes a large batch of mini-quiches for his twin 13-year-old daughters.

"I've done spinach, ham, mushroom, asparagus, sautéed onion, peppers, leftover roast chicken, different cheeses, basil, chives. It's anything you think your kids will like or if you want to sneak some stuff in there, they tend to eat it," he says. To serve, he takes a few quiches out of the freezer and throws them into his daughters' lunch bags with an ice pack.

"You also want to incorporate different flavours, textures and colours," says Esmaeili.

"If you're used to packing baby carrots, it can get boring. If it's fruit, add something soft one day, then crunchy the next ... Kids like dipping things so if you have a healthy dip like hummus or a yogurt-based dip, it makes all the difference."

Spices and herbs are also an important component in introducing new foods to children. Depending on the family's cultural background, many parents already have their kids salivating for sweet curries, fragrant jollof rice, zesty tzatziki and tangy kimchi at an early age.

However, if that's not the

case, registered dietitian Nicole Osinga would start with sweeter flavours like a sprinkle of cinnamon on apples or chopped basil in salads.

"It's important that kids try them at home first, so you know they'll like them before you send them off with the lunch," says Osinga, who works in Durham Region. She also adds that having a diverse classroom exposes kids to the cuisines of other cultures.

"Ask them what their friends ate for lunch and try making it at home. See if they'll be open to trying it."

Mini quiches

This recipe comes courtesy of Craig Stewart, an Ottawa father of two. Find boxes of pre-made tart crusts in the frozen section of the supermarket (Tenderflake is the most common brand). Use the egg and milk mixture as the base and substitute with fillings of your choice.

Ingredients:

- 4-5 strips of bacon
- 24 frozen mini tart shells
- 4 large eggs
- 2 cups (500 mL) milk
- 1/2 cup (125 mL) finely chopped broccoli
- Salt and pepper, to taste
- 1 cup (250 mL) shredded old cheddar

Directions:

1. Preheat oven to 375F
2. Arrange tart shells on a lined baking sheet. Set aside.
3. In a skillet over medium-high heat, fry bacon until browned and crispy. Remove from heat and let cool to room temperature on a plate lined with paper towel. Chop bacon into small pieces.
4. In a mixing bowl, whisk together eggs, milk, bacon and broccoli. Season with salt and pepper.
5. Carefully pour egg mixture into tart shells until full but not overflowing. Sprinkle cheddar on top of each tart. Bake for 25 to 30 minutes or until cheese is bubbly and eggs are set.
6. Let cool for five minutes before serving or let cool to room temperature before freezing up to 3 months.

Chickpea, feta and tomato salad

This Martha Stewart salad recipe is recommended by Toronto legal assistant Vanessa Medina. She doesn't have any kids herself, but she does make larger batches of

this for her coworkers and it checks off all the marks of a good school lunch: protein, healthy fats, a hint of spice, no nuts and can be made a day or two in advance.

Ingredients:

- 1/4 cup (60 mL) canned chickpeas, rinsed and drained
- 1/2 cup (125 mL) cherry tomatoes, quartered
- 1/4 cup (60 mL) crumbled feta
- 1 tbsp. (15 mL) lemon juice
- 2 tsp (10 mL) olive oil
- 1/4 tsp (1 mL) Italian seasoning or dried oregano
- Salt and pepper, to taste

Directions:

1. Mix all ingredients in a bowl until well incorporated. Pack in a reusable food container and refrigerate until ready to eat.

Cumin-spiced tofu tacos

This recipe comes courtesy of Torstar Life editor Mary Vallis who for months now has been swearing that her daughter scarfs these down every time. Make this tofu mix ahead of time and use as much as you need to for the tacos.

Ingredients:

- 1 tbsp (15 mL) olive oil

- 1 350g-brick extra firm tofu, drained and crumbled
- 2 tsp (10 mL) ground cumin
- 1/2 tsp (2 mL) chili powder, or more to taste
- 1 cup (250 mL) canned black or kidney beans, drained and rinse
- 1/2 cup (125 mL) fresh or frozen corn kernels
- Salt and pepper, to taste
- Grated old cheddar, to taste
- 8 hard or soft taco shells

Directions:

1. In a large skillet over medium-high heat, heat oil. Add tofu, cumin and chili. Sauté until tofu starts to turn golden brown. Add beans and corn. Continue to cook until corn starts to brown. Add salt and pepper to taste. Adjust seasoning as needed (ask your child for input). Remove from heat and transfer to plastic food container. Let flavours marinate for 10 minutes. If not using immediately, let cool to room temperature before refrigerating for up to a week.

2. To make tacos, fill each taco shell with about 1/2 cup tofu filling. Wrap tightly with plastic wrap and store in a hard plastic food container.

TORSTAR NEWS SERVICE


ROSE REISMAN
THE SAVVY EATER
THIS WEEK: Crackers

Do different varieties of crackers make a difference in your daily diet?

PICK THIS
Irresistible's Melba Toast per 8 crackers

Calories 80
Fat 0.5 g


SKIP THIS
Lesley Stowe's Rainforest Oat and Cranberry Crisps per 8 crackers

Calories 200
Fat 8g
Sodium 120mg


HERE'S WHY

Equivalent in calories to a serving (1/4) of a thin crust veggie pizza.

Crackers can be a great accompaniment to cheese, dips, soups, and as a snack on their own, but the crackers you choose can more than double the calories and fat you're taking in. Lesley Stowe's Rainforest Oat Crisps are absolutely delicious with the addition of pumpkin seeds, dried cranberries, flax seeds and sesame seeds, but watch out for mindless snacking, as the calories and fat will add up. Melba toast may not have the same flavour and texture, but if eating crackers are a regular habit, these will add less your waistline.



How bias keeps women out of the science field

DIVERSITY

Training takes too long, shuts out youth, top biologist says

Genna Buck
Metro Canada



Jim Woodgett, director of research at Toronto's Lunenfeld-Tanenbaum Research Institute and one of Canada's leading cell biologists, is fed up with the patchwork system of awarding funding grants for scientific research.

He says it leaves scientists lurching from project to project, not able to rely on steady work or take advantage of "serendipitous" discoveries — scientific lucky breaks — whose applications may not be obvious until years later.

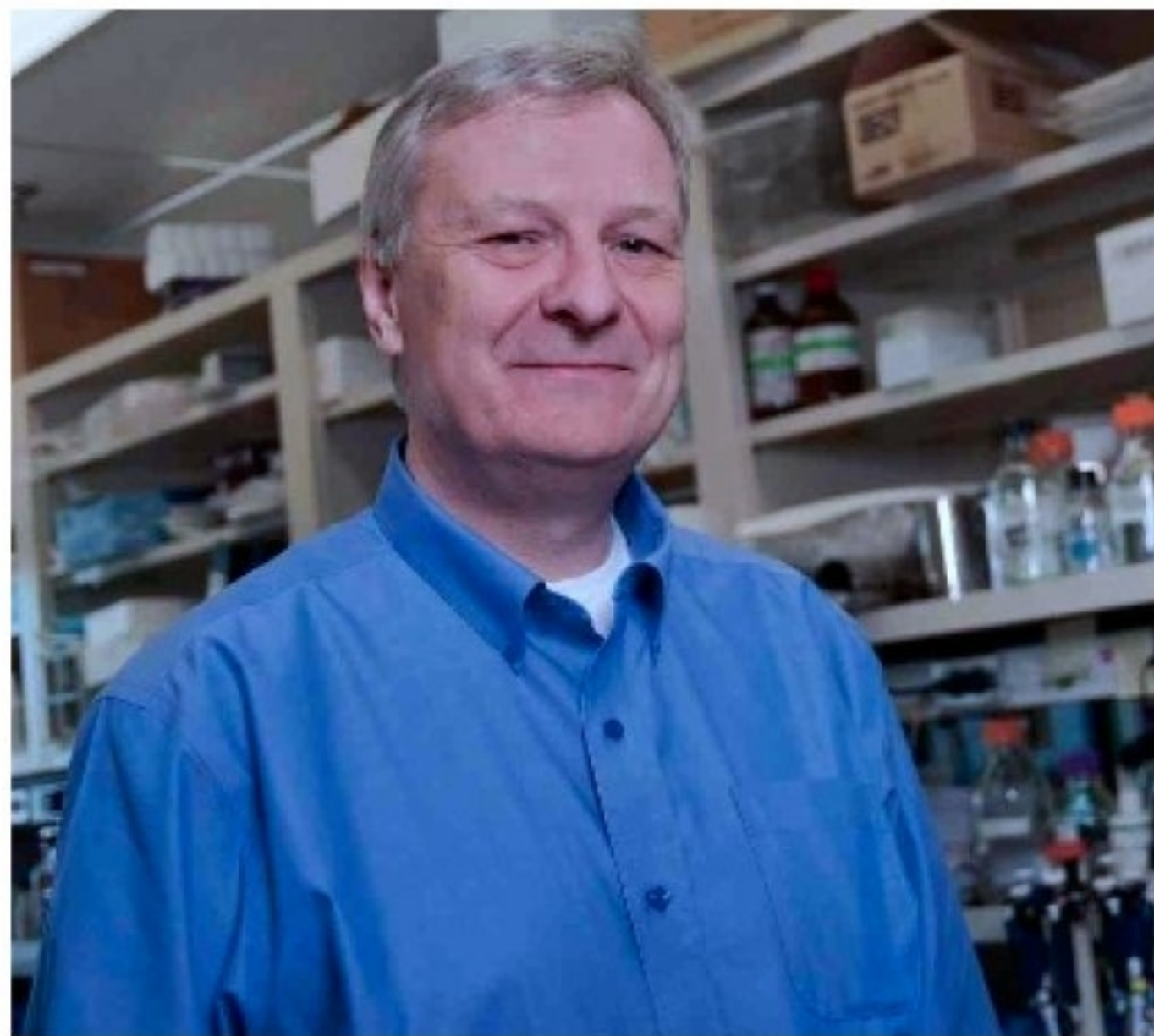
He also thinks long training times are preventing "some of the brightest minds" from getting into science, especially women and young people.

His new manifesto, published on Medium.com, outlines how he thinks society as a whole — and funding agencies in particular — can "protect and nurture the best and most promising science and scientists" in Canada. This comes at the beginning of an independent review of the way the federal government funds fundamental science. He spoke to Metro about his call to action.

You want the scientific funding system to promote diversity. How could that be done in a fair way?

I think we're being unfair right now. Where's the scientific rationale if, when five female and five male scientists applying for funding, you don't get equal success rates for both? If not, there's something wrong. Among our students, about 65 per cent are female. Postdocs, it's about 50/50. Junior professors, it starts to drop so there are more males than females. Among professors, it's more like 70/30. Likewise with junior scientists. If 20 per cent of applicants are junior scientists, then 20 per cent of grants awarded should go to junior scientists. If not, what's going to happen when older scientists have retired?

We need to even the playing field. The U.S. National Institute of Health has adjusted its grant competition system to make sure the people success-



'We've been very selfish': Young scientists who spend a decade or more in training provide cheap labour for researchers, but many are being priced out of Ph.D.s, said Jim Woodgett, director of research at Toronto's Lunenfeld-Tanenbaum Research Institute. **CONTRIBUTED**

fully getting grants look like the people applying for grants. What's the practical benefit of having gender balance? If there isn't a gender balance, that probably means very talented women are not doing science. It doesn't maximize our intellectual abilities as a nation. I think a lot of that is unconscious bias. It also has to do with things like maternity leave.

You believe becoming a scientist takes too long. What's the problem with that?

We used to put people through quicker. Thirty years ago, my Ph.D. took three years and I did three years of post-doctoral studies. Nowadays it takes five to seven years to do a Ph.D. and five to seven years to do a postdoc. Do they really

come out as better scientists? I don't think that's the case.

I say this as somebody who has contributed to the problem: We've made a cheaper workforce in science, because the students take longer. This is especially a problem in cities like Toronto and Vancouver. We pay \$25,000 or \$30,000. There are a lot of students who can't afford to do their Ph.D. Your income and your family's ability to support you has no relationship to your intellectual capacity. If we really want the best people to be doing science, we should be reducing the barriers.

You wrote that some of the most important recent discoveries didn't have a clear application at the time. How do you think the science funding system can capture that value?

The dirty truth is a lot of major findings that have a huge impact are serendipitous, they're not planned. If you look at an application for funding for something that is totally off-the-wall, it's not going to get funded. So people ask for funding for things that are straightforward. Then they get distracted from the original plan. That's essential.

The funding agencies want

to be predictable, they want to hold people accountable. But (they shouldn't) force scientists to do what they say they're going to do. That's how you crush novelty.

+ MANIFESTO

Researcher Jim Woodgett wrote a nine-point plan for how Canada can promote science and train better scientists. Here are a few of his ideas:

■ Merge federal systems for funding science. There are at least 20 different government programs for health research alone.

■ Support a base level of funding for scientists instead of having them rely on grants. It shouldn't be determined by oversimplified measures like the number of papers published.

■ Support smaller centres, outside of big cities, through partnerships with major research institutions that get the lion's share of funding.

THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 Kungs vs Cookin' On 3 Burners
This Girl
- 5 Tinie Tempah ft Zara Larsson
Girls Like
- 4 Major Lazer ft. J. Bieber
Cold Water
- 3 The Chainsmokers ft Halsey
Closer
- 2 Ariana Grande
Into You
- 1 Classified ft. Elijah
Beautiful Escape



101.3 Virgin Radio | 101.3 Virgin Radio

Chris Brown standoff ends peacefully

LEGAL TROUBLE

L.A. police had responded to woman's call for help

Singer Chris Brown came out of his Los Angeles home peacefully Tuesday after an hours-long standoff with police who responded to a woman's call for help.

Police Lt. Chris Ramirez said several people were escorted from the residence after a search warrant was served.

No arrests had been made and everyone has been cooperative, he said.

Police said the woman who made the call for help at about 3 a.m. was not inside the hilltop estate in the San Fernando Valley. Ramirez did not identify the woman or elaborate on the assistance she needed. He did not know if she was injured.

Brown's attorney Mark Geragos arrived at the home shortly before the warrant was served.



Chris Brown has been in repeated legal trouble since 2009. At right, an aerial shot of Brown's home, where police patrolled on Tuesday. THE ASSOCIATED PRESS

Earlier, Brown posted several videos to social media declaring his innocence. The singer has been in repeated legal trouble since his felony conviction in the 2009 assault of his then-girlfriend, Rihanna.

"I don't care. Y'all gonna stop playing with me like I'm

the villain out here, like I'm going crazy," he said in one Instagram video Tuesday, waving a cigarette and looking at the camera.

"When you get the warrant or whatever you need to do, you're going to walk right up in here and you're going to see nothing. You idiots."



Calls and emails seeking comments from Geragos and other representatives were not returned Tuesday.

After several missteps, Brown completed his probation last year in the case involving Rihanna.

In 2013, Brown struck a man outside a Washington,

D.C., hotel and was charged with misdemeanor assault. The singer was ordered into rehab but was dismissed from the facility for violating its rules.

He spent 2 1/2 months in custody, with U.S. marshals shuttling him between Los Angeles and the nation's cap-

ital for court hearings.

In another incident while in treatment, Brown was accused of throwing a brick at his mother's car following a counselling session. It came after Brown had completed court-ordered anger management classes.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

What we do while we're waiting for The One

THE SHOW: Lovesick, Season 1, Episode 2 (Netflix)

THE MOMENT: The downside of love

Sensitive guy Dylan (Johnny Flynn) is cooking dinner to impress Anna and Cleo. Cleo is dating Luke (Daniel Ings), Dylan's playboy flatmate, but he's trying to keep her at a distance. Evie (Antonia Thomas), their other flatmate, watches, amused.

"Why invite Cleo?" Luke asks. "It's Judas territory, is what it is."

"Anna wanted her to come," Dylan says.

"Well, Cleo wants to see my bedroom and draw conclusions about my personality," Luke says. "That's why I've worked really hard to keep her away from here."

"Did you ever think Cleo might like you if she got to know you?" Evie asks.

"Yeah, I've considered it, and it's definitely a no," Luke replies. "But now she's coming, and there's going to be...conversation." He shudders.

This clever British series has a great premise: In the present,



Lovesick is a series about failed relationships that manages to be melancholic but also hopeful and romantic. CONTRIBUTED

Dylan's getting in touch, alpha-pherically, with the women he's slept with over the last 11 years. Each episode focuses on a different woman, and bounces around in time as we see the relationship in flashback.

Also in the present, Dylan and Evie are in love, but don't admit it.

Show creator Tom Edge pulls off a neat trick: He's made a series about failed relationships that manages to be melancholic,

yet hopeful and romantic. "Only one can be the one," Dylan says. This series is about what we do while we're waiting.

It's a story that could unfurl for years, so it's surprising there's only been one, six-episode arc — or that it hasn't been remade in the U.S.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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A plug-in with plenty of power



REVIEW

Impressive range alone makes this car worth it



Sami Haj-Assaad
AutoGuide.com

Hyundai's first plug-in vehicle is not a pet project or a limited-run experiment; it's a fully fleshed out evolution of the traditional hybrid Sonata that offers an eye-popping 966 kilometres of range.

And while the Sonata Plug-in Hybrid is still based on Hyundai's tried-and-true mid-sized sedan and not built from the ground up like the Volt and Prius, the Korean automaker still manages to make its green vehicle stand out.

Getting the basics out of the way, the Sonata Plug-in Hybrid looks nearly identical to its non-plug-in counterpart, save a few updates. There's also a unique alloy wheel design, and plug-in Hybrids are available in four exclusive colors: Pewter Gray Metallic, Diamond White Pearl, Eclipse Black and Seaport Mist.

The interior also gets Plug-in specific updates, including a new gauge cluster that helps drivers indicate the battery's state of charge. There's a blue pearl leather interior option that features contrasting stitching, too.

The biggest and most important change to the car's in-

terior is a button that changes how the Plug-in prioritizes how it saves fuel. A hybrid mode uses the gas and battery mode together, while an EV mode puts priority on utilizing the electric motor to its fullest and depleting the big battery before firing up the internal combustion engine. A third mode uses the internal combustion engine like a generator to charge the battery and can be activated by holding the HEV button. In addition to the different drivetrain modes, there's a drive mode selector that modifies the steering and responsiveness of the car.

Unlike the normal Sonata Hybrid, there is no Sport mode, which is fine because the Plug-in feels more powerful than the normal Hybrid model. The slim lithium polymer battery pack of the Plug-in is now five times larger than its hybrid counterpart and the electric engine is 32 per cent more powerful, too. Unlike other fuel-friendly cars, the Plug-in feels lively when pressed.

Driving dynamics are typical of the mid-size segment, which is to say it drives easily and sedately. It's not razor sharp like the Mazda6 and skews closer to the Toyota Camry in terms of handling and comfort.

Like our experience in the Sonata Hybrid, the Plug-in is very refined, smooth and quiet. The transition from gas-electric hybrid mobility from pure EV is hardly noticeable and the regenerative brakes aren't overly grabby.

Not just a toy or proof of concept, the Sonata Plug-in Hybrid is fully featured.

THE CHECKLIST | 2016 HYUNDAI SONATA PLUG-IN HYBRID

THE BASICS

Engine: 2.0L four-cylinder paired to a electric motor, making a combined 202 hp

Transmission: Six-speed automatic

CAN Fuel Economy (L/100 km): 5.9 combined in hybrid mode, 2.5 in PHEV mode. Electric range of 35 km

Price: Starts at \$45,914



LOVE IT

- 600 miles of range
- Short recharge times
- More responsive than regular hybrid

LEAVE IT

- Limited cargo space
- Select availability

INTERVIEW

Genesis exec details luxury brand's uphill battle



Dan Ilika
AutoGuide.com

Hyundai is on an ambitious journey, spinning off its Genesis and Equus sedans into the foundation of a standalone premium brand.

And while much of that campaign will take place in Hyundai showrooms in the U.S. and beyond, the Canadian market will play host to a direct sales approach à la Tesla, where cars

will be available for purchase through online sales and downtown retail and shopping mall locations across the country.

AutoGuide.com sat down with Canadian director of Genesis Motors, Michael Ricciuto, to get some insight into how the premium brand plans to operate.

The Genesis and Equus were pretty well received; how do you build on that success with a spin-off brand?

In 2009 we won North American Car of the Year with



The G80 will have Nappa leather, open-pore wood trim, panoramic sunroof and navigation all as standard equipment.

Michael Ricciuto, Genesis Motors

Genesis and that was our first attempt at playing in that premium segment. Then with the Equus — which to me was wonderfully executed — we've proven that we can build products that can compete.

What makes the Genesis brand a viable venture?

We have the mass market brands, so we can leverage the economies of scale from that and design premium products that are a notch above. Plus, it also allows us to develop tech-

nologies that the premium segment will pay for, and then those technologies will work their way down into the mass market brands. Without that platform how do you develop things like head-up display? Because you're never going to do a head-up display and put it in a Sonata. It's just too expensive and you'll never recoup your investment. But you can put it in a (premium car), get the cost down and then, over time, work that into the other products.

What's going to set the Genesis brand apart?

We're going to have products that are very well equipped from the get-go. The G80 will have Nappa leather, open-pore wood trim, panoramic sunroof and navigation all as standard equipment. And really, when you get into this segment those are the features customers really want. Nobody wants to buy a base model luxury car with leather seats and no sunroof, so why would we build it?



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Ryan Lochte isn't saying whether he'll return to Brazil to face a charge of filing a false police report over a gas station incident during the Olympics

Bouchard bounced out

U.S. OPEN

Canadian star loses her first-round match in three sets

Canadian tennis star Eugenie Bouchard made an early exit from the U.S. Open after losing 6-3, 3-6, 6-2 to Katerina Siniakova on Tuesday in New York.

Bouchard appeared to struggle with her serve in the third set after having her foot bandaged during a medical timeout. The native of Westmount, Que., was broken three times by Siniakova in the final set.

Overall, Siniakova had 19 break-point opportunities in the match. Bouchard saved 15 of them.

"I feel like I didn't play really well," Bouchard said. "My opponent played really well, I think. I tried my best, I fought my hardest so I have no regrets in that sense. But I wish I had better feeling on the court and served better."

The 39th-ranked Bouchard seemed like she was making a comeback after dropping the first set.

Leading 4-2 in the second set, Bouchard survived three break points, rattling Siniakova, who flipped her racket in disgust after hitting wide on a long rally to level the game at deuce.

Bouchard also faced break point while serving for the second set but recovered and won when the 72nd-ranked Siniakova hit into the net.



Eugenie Bouchard faded in the third set against Katerina Siniakova. AL BELLO/GETTY IMAGES

The match seemed to turn when Bouchard took a medical time out to have her foot attended to before the third set. Siniakova took an early 2-0 lead with a break in the set's second game.

Bouchard got that break back in the third game and then won the fourth to tie it at two, but Siniakova took over from there. The Czech player won the next four games, breaking Bouchard for the victory and setting up a second-round match with France's Caroline Garcia.

+ MEN'S DRAW

The fifth-seeded Milos Raonic of Thornhill, Ont., will face Ryan Harrison in the second round on Wednesday, while Vancouver's Vasek Pospisil squares off against Ryan Andersen.

"I never played her before so I didn't know what to expect, but I felt like she was really going after it," Bouchard

said. "She played better than me today."

The early exit at Flushing Meadows was another setback for Bouchard, who hasn't been able to find her form consistently since her breakout 2014 season that saw her make the Wimbledon final and reach her peak ranking of No. 4 in the world.

Bouchard was hoping for a better result in New York after her 2015 U.S. Open campaign was cut short when she slipped in a physiotherapist's room before her fourth-round match

and was forced to withdraw due to a concussion.

Bouchard filed a lawsuit against the U.S. Open and the United States Tennis Association in October that is still ongoing.

"Coming back here I had mixed emotions," Bouchard said. "It's hard not to think about what happened last year. But since I've been here I've been forcing myself to focus on the positives, and I've also had great memories here at the U.S. Open."

THE CANADIAN PRESS

IN BRIEF

NHL goalies won't be as trim as planned in 2016-17
NHL goalies won't look as trim as expected this season because of delays to an ambitious redesign of their bulky equipment.

Reductions were to be made to the pants and upper-body equipment, but it's now thought that only the pants stand even a chance of being ready when the regular season gets underway in mid-October. THE CANADIAN PRESS

Vikings QB injures knee and rushed to hospital

Minnesota Vikings quarterback Teddy Bridgewater suffered a

"significant" knee injury in practice Tuesday and the team was awaiting tests to determine how long he might be out.



Teddy Bridgewater
GETTY IMAGES

Coach Mike Zimmer confirmed the injury a few hours after an ambulance took Bridgewater from the practice field to a nearby hospital. THE ASSOCIATED PRESS

Tebow time in baseball picking up steam

Tim Tebow has taken his first big swing at a baseball career, showing off a powerful bat and a few areas of needed improvement in a workout for dozens of major-league scouts.

The Heisman Trophy-winning quarterback hit a series of long homers on Tuesday in Los Angeles, but was repeatedly fooled by off-speed pitches later in the hitting drills.

THE ASSOCIATED PRESS

England breaks world record in routing Pakistan

England smashed a world record-breaking 444-3 in an emphatic 169-run victory over Pakistan on Tuesday to take an unassailable 3-0 lead in the five-match one-day international series.

Opening batsman Alex Hales hit England's highest individual ODI score with 171.

THE ASSOCIATED PRESS

NFL

Cowboys still have faith even without Romo

Jason Witten stood in the posh locker-room at the new practice facility for the Dallas Cowboys, addressing a topic that came up frequently at musty old Valley Ranch — as recently as last year.

Quarterback Tony Romo is hurt again, and his favourite tight end is here to tell you the Cowboys can make it work without him. Even though they went 1-11 last season with Romo sidelined twice by a broken left collarbone.

Now Romo has a broken bone in his back — his fourth back injury in less than four years

— and no timetable for a return. Witten would also like to remind people that the player he came into the league with 13 years ago once returned to a game with broken ribs and a punctured lung.

"People are going to bet against him, that's fine, and I don't think that's unfair to do so," Witten said. "But if you know what he's about, which everybody

in this building does, he's going to be back sooner than probably expected and he'll play better than anybody thought he would because I know that's what he's about."

Owner and general manager Jerry Jones said the Cowboys were finished waiting for star players to return after injuries to Romo and receiver Dez Bryant and suspensions for linebacker Ro-



Tony Romo
GETTY IMAGES



We've got a chance to develop that energy, that asset so to speak with Dak.

Jerry Jones

lando McClain and defensive end Greg Hardy set the tone for a first-to-worst slide to 4-12.

In keeping with that vow, Jones is talking up rookie fourth-

round pick Dak Prescott, who figures to start at least the first few games as long as he's healthy, starting with the opener Sept. 11 against the New York Giants.

And Prescott has been impressive enough in the pre-season for Jones to lose interest in adding a veteran after backup Kellen Moore broke his right ankle in a camp practice. Romo's injury forces the Cowboys to look outside for a quarterback, but now it will be a backup to Prescott instead of to the team's 36-year-old leader. THE ASSOCIATED PRESS

Ryder Cup rejection Knox, not opportunity

GOLF

Delaying pro status sees Scot left out of Europe team

A top European Tour official waited patiently as Russell Knox wrapped up his duties from winning a World Golf Championship. He wanted to introduce himself to Knox and share details on how to become a tour member.

Ten months later, Knox had reason to feel like an outcast.

The 31-year-old Scot easily would have qualified for the Ryder Cup if he had been a European Tour member when he won the HSBC Champions last November. Even without those valuable points, Knox had all the credentials to be at Hazeltine.



Russell Knox at the Travelers Championship earlier this month in Cromwell, Conn. MICHAEL COHEN/GETTY IMAGES

He has two PGA Tour victories this season. He was runner-up to Rory McIlroy at the Irish Open, to Branden Grace at Hilton Head and he lost in a playoff to Graeme McDowell in Mexico last fall. Knox was No. 4 when the FedEx Cup play-

offs began, one spot ahead of Jordan Spieth. He is No. 20 in the world, the sixth-highest ranked European.

That wasn't enough for European captain Darren Clarke to take him to the Ryder Cup.

Clarke used his three picks

Tuesday on the Ryder Cup experience of Lee Westwood and Martin Kaymer, and the raw talent and recent form of Thomas Pieters. He said the phone call to Knox on Monday was "probably one of the toughest" of his career. But not the longest.

"We spoke for 20 seconds," Knox said. "It was obvious by the way he said 'Hello' that it was bad news. I didn't ask any questions. I wasn't going to ask who he picked or why not me. After the bad news, it was get off the phone as quick as possible."

The disappointment in Knox's voice was evident, even though part of him had a hunch this was coming. He felt as though he deserved to be on the team because of his performance. He also knows that a captain can choose whomever he wants, "and I gave him that choice by not making the team outright." THE ASSOCIATED PRESS

SOCCER

Canada entrusts deVos with new role

Former Canadian international Jason deVos has been named Canada Soccer's director of development.



Jason deVos
GETTY IMAGES

of soccer development."

Earlier this year, Montagliani said Canada Soccer's primary focus between this year and 2018 will be investment in technical leadership. DeVos, 42, is a product of Canada's development system and a decorated Canadian international and professional player. THE CANADIAN PRESS

SOCCER IN BRIEF

Arsenal make double swoop

Arsenal bolstered its striking and defensive options by signing Lucas Perez from Deportivo La Coruna and Valencia's German defender Shkodran Mustafi.

With Europe's transfer window about to close Arsene Wenger forked out over 50 million pounds for the pair. THE ASSOCIATED PRESS

Solo ends season with Reign

Hope Solo has decided to end her season with the Seattle Reign of the National Women's Soccer League.

The U.S. goalkeeper, who was handed a six-month ban and saw her contract with U.S. Soccer terminated last week, announced her departure in a statement Tuesday. THE ASSOCIATED PRESS

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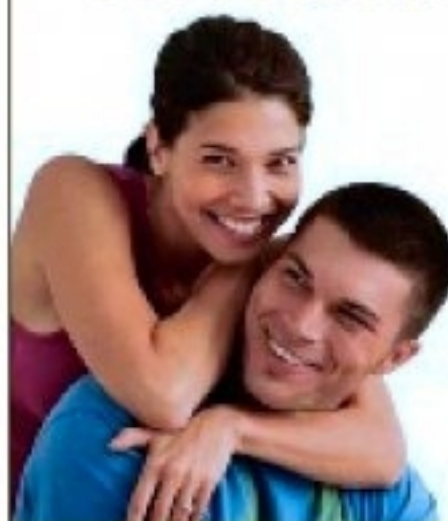
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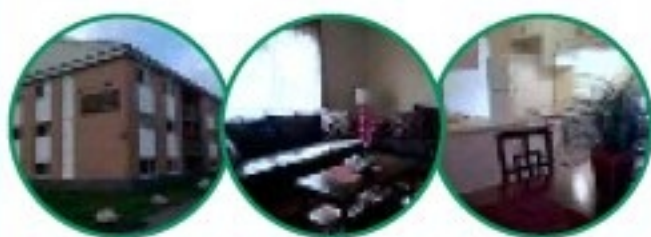
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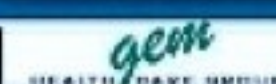

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

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- 2 whole wheat pita breads
- 1 can tuna
- 1/3 cup diced Granny Smith apple
- 1/3 cup diced celery
- 1/8 cup diced cornichon or dill pickle
- 1 Tbsp mayonnaise
- salt and pepper to taste
- 1 cup grated cheddar

Directions

1. Preheat oven to 400 degrees.
2. In a large bowl, mix together the tuna, apple celery, pickle and mayo until it is well combined. Season with salt and pepper.
3. Spread mixture across pitas. Leave a small border around edge the way you do with pizza — it makes it easier to pick up and eat.
4. Sprinkle the cheese evenly across both pitas. Place the pitas on a baking sheet.
5. Pop in the hot oven for about 10 minutes until the cheese is completely melted and the edges of the pitas are toasty brown.
6. Remove from oven and cool for a couple of minutes before cutting each pita into quarters.

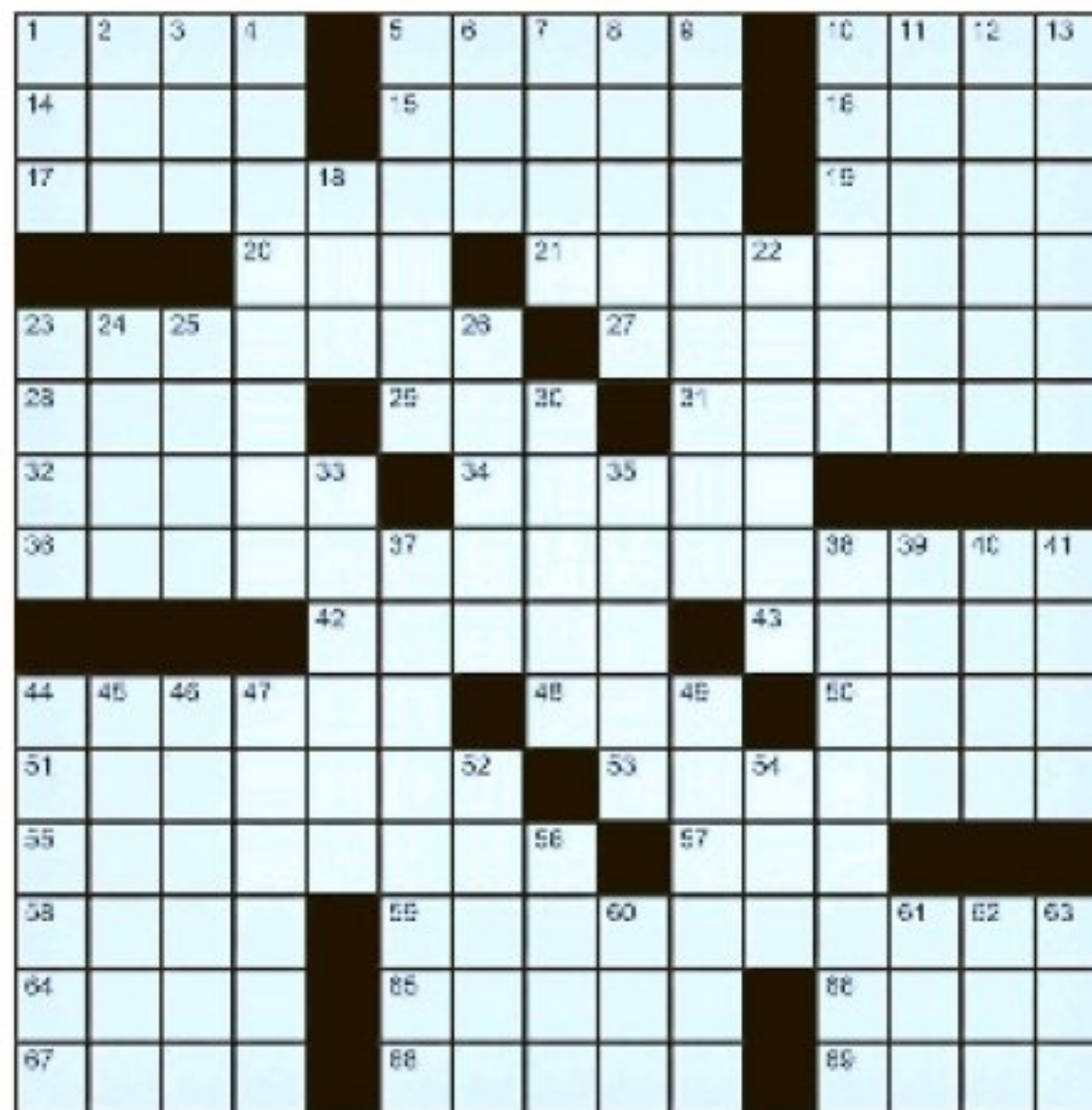
FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Taunt
5. The __ (1973) starring Paul Newman and Robert Redford
10. __. Wade
14. Person, place or thing
15. Bag carrier
16. Norse epic
17. Decipher a secret message
19. Prefix with 'algia'
20. Abner of comics
21. Refinement
23. Astronomical observatory site in California, __ Mountain
27. Signs up for the military
28. Eye part
29. Eur. country
31. Nan A. __ (Book publisher)
32. Keanu Reeves/Sandra Bullock movie
34. Administered, as medication
36. One of the islands of Iles de la Madeleine in Quebec that's a 'Haven-of-Houses'
42. Leg bone
43. American __ (Pago Pago's land)
44. Infamous movie of 1987
48. Yore
50. Wines: French
51. Sort of close by
53. Binds, surgeon-style
55. Hurt by a barb
57. Singer, Pris-



cilla __

58. Mal de __ (Headache, in French)
59. The Allman Brothers Band's " __ "
64. Frosts
65. Still __ (Maya Angelou poem)
66. First-rate
67. Brewer's kiln

68. Like many a window
69. Dispatched

DOWN

1. Wildebeest
2. Lithium-__ battery
3. Commuter's ride

4. One placing something in with the letter in the envelope
5. __ 17 (1953) starring William Holden
6. Mr. Cruise
7. Let __ by The Beatles
8. Writer Harper Lee's birth name,

9. Beneficial brewed/boiling beverage: 2 wds.
10. Hammer once more
11. Danish writer Hans Christian Andersen's birthplace
12. Inferences

13. Province in Italy's Lombardy area
18. Crater's edge
22. Michael __ (Portrayer of Paul Kinsey on Mad Men)
23. Cousin of 'Pshaw!'
24. Italian harp
25. Mr. Schreiber
26. Fix the movie soundtrack work
30. Ms. Roker of The Jeffersons
33. Attention to __
35. Little
37. Temporary runway
38. Gazelle's grasslands
39. Miss
40. Not any
41. Flippant talk
44. Ab __ (Latin for 'from the beginning')
45. And Muzak filled the air / From __ to Cuyahoga Falls. - The Pretenders, My City Was Gone
46. Rushings
47. Most honest
49. Used a phone number
52. I __. Symphony by The Supremes
54. 4's phone letters
56. Music key, __
60. Mad Cow Disease letters
61. Curly's pal
62. Heart sister of Rock
63. Bring in

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Silly errors and delays at work will be frustrating for the next few weeks because Mercury is retrograde. Just grin and bear it. What else can you do?

Taurus April 21 - May 21
Old flames are back in your life, which might be fun or horrific. Creative projects will be slow to get off the ground. Past issues with children might resurface.

Gemini May 22 - June 21
Because your ruler Mercury is retrograde, family might be camped on your doorstep and eating you out of house and home. This will continue for several weeks. Have courage.

Cancer June 22 - July 23
Just accept the fact that the next month will be full of mistakes, transportation delays and misplaced items. You're not losing it, and this is only temporary. You will survive.

Leo July 24 - Aug. 23
Use the next few weeks to wrap up old money issues and deal with loose ends. Money that is coming to you might be late in the mail or delayed. Grrrr.

Virgo Aug. 24 - Sept. 23
Mercury is retrograde in your sign now, which hasn't happened for a few years. This brings people from your past, especially ex-partners, back into your world.

Libra Sept. 24 - Oct. 23
It is Mercury retrograde now, which is frustrating for many signs. However, for Libras, you have a great chance to do research and find answers to old problems.

Scorpio Oct. 24 - Nov. 22
Friends from the past are back in your life again. This could be reassuring, because it's always nice to have history with others.

Sagittarius Nov. 23 - Dec. 21
Some of you might be in touch with parents or authority figures you haven't seen for a while. You also might be able to successfully pitch an old idea to a boss.

Capricorn Dec. 22 - Jan. 20
Travel plans might be delayed or canceled because of Mercury retrograde. If traveling, it will be easiest to go someplace you have been before.

Aquarius Jan. 21 - Feb. 19
Use the next few weeks to wrap up loose ends regarding shared property, taxes, inheritances and debt issues. It will be surprisingly easy to do this.

Pisces Feb. 20 - March 20
Issues with ex-partners are back on your plate again. In fact, some of you will be running into ex-partners! Might this be an opportunity for closure?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		7	6		1	5		
	8						2	
6				5				8
1								4
		4		3		2		
3								9
7				1				5
	6						3	
		8	4		9	7		

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games

2	6	3	8	4	1	7	9	5
9	1	7	5	3	6	2	4	8
4	5	8	7	2	9	6	1	3
3	7	4	2	9	5	8	6	1
6	8	9	1	7	3	5	2	4
1	2	5	4	6	8	3	7	9
8	4	1	6	5	2	9	3	7
7	3	2	9	8	4	1	5	6
5	9	6	3	1	7	4	8	2

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